

## NEW DAWN'S SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Cheese Pizza Gateway Tossed Salad Macaron Salad Creamy Dressing Banana Orange Juice 1% Milk	Ham & Beans Whole Grain Bread Margarine & Jelly Lettuce, Tomato, Cheese Salad Peaches/Pineapple Fat-Free Dressing Non-Fat Yogurt 1% Milk	Chicken Stir Fry Brown Rice Green Beans Fruit Cocktail 1% Milk	Cheeseburger Sweet Potato Fries Lettuce & Tomato Pineapple Tidbits Ketchup 1% Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>No School Labor Day</b>	Gateway Chicken Salad Gateway Tossed Salad Garlic Toast Oatmeal Raisin Cookie Fruit Cocktail Fat Free Ranch 1% Milk	Bean & Ham Soup Toasted Cheese Sandwich Carrots Peach Cup Applesauce Cup 1% Milk	Chicken Broccoli Rice Dish Stewed Tomatoes Whole Grain Biscuit Fresh Oranges Mixed Fruit Margarine/Jelly 1% Milk	Macaroni Cheese & Ham Bake Herbed Cauliflower New Dawn Green Beans Garlic Toast Mandarin Oranges/Chocolate Pudding Cup 1% Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Country Fried Steak Fries French Fries Broccoli Hamburger Whole Grain Bun Spiced Apples Ketchup/Margarine 1% Milk	Chicken Noodle Casserole Mixed Vegetables Raisins/Orange Juice Whole Grain Bread Margarine/Jelly 1% Milk	Beef Taco Pie Brown Rice Refried Beans Tomatoes Fresh Grapes Peach Cup 1% Milk	Sweet & Sour Pork New Dawn Green Beans Brown Rice Fruit Cocktail 1% Milk	Ground Beef & Spanish Rice Carrots Corn Bread Pears Margarine 1% Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Honey Lemon Chicken Copper Penny Carrots Broccoli Brown Rice Pilaf Mixed Fruit 1% Milk	<b>No School Staff Work Day</b>	Chicken Taco Plate Black Beans (Seasoned) Brown Rice Mandarin Oranges 1% Milk	Meatballs Yellow Squash Noodles Fruit Cocktail Vanilla Pudding Cup Brown Gravy 1% Milk	Tuna Noodle Casserole Peas & Carrots Whole Grain Bread Fresh Oranges/Apricots Margarine 1% Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>* ITEMS SUBJECT TO CHANGE DEPENDING ON AVAILABILITY</b> In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence	
Shepherd's Pie Broccoli Whole Grain Bread Margarine/ Jelly Diced Watermelon 1% Milk	Chicken Ala King Carrots Brown Spiced Apples 1% Milk	Turkey Hot Dog on Bun New Dawn Cole Slaw Baked Beans Pasta Salad Applesauce Ketchup 1% Milk	Avenue, S. W., Washington, D. C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.	